Kids’ bedtime routine chart: printable and timed to your child’s bedtime

Lull Bedtime routine · instacalc.co

Bedtime routine: age 8, up at 7:00 AM

1. 8:45 PM **Screens off.** TV, tablet, phone and games put away for the night, an hour before lights-out.
2. 9:15 PM **Tidy-up.** Books and toys back on the shelf, clothes put away.
3. 9:20 PM **Wash and pajamas.** A bath, if your child has one at night, comes before this.
4. 9:25 PM **Brush teeth.**
5. 9:30 PM **Book.** A story or two read together, about 15 minutes.
6. 9:45 PM **Lights out.** Same time every school night.

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instacalc.co/learn/bedtime-routine-chart-for-kids.html

Figures as of Oct 2026 · latest at instacalc.co/learn/bedtime-routine-chart-for-kids.html

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